

## THE RELATIONSHIP BETWEEN HUMAN AND ECOLOGICAL HEALTH

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Ecology is, in the most general terms, the study of the interrelationships between organisms and their environment. There are many branches of ecological study, but the basic definition of ecology emphasizes that all organisms and their environment are interrelated. Organisms are affected by their environment, the environment is affected by organisms, and both directly and indirectly organisms are affected by other organisms. Some organisms affect their environment passively, for example a tree provides shade and transpires water through its leaves which have a moderating effect on temperature and humidity. Other organisms modify their environment actively, like the groundhog who moderates the temperature and humidity of its environment by burrowing underground. Humans are organisms who have developed tools to change their environment in very profound ways, which has allowed us to colonize and even prosper under a very wide range of environmental conditions. But humans, like all other organisms, are also directly and profoundly affected by the natural environment in which we live.

Human ecology may study the social reason for our smoking habit. It may also study the reason that society has allowed known carcinogens such as lead, to remain in our environment. In studying the social interaction between humans and their environment, human ecologists are able to find solutions to problems that are caused as a direct result of interaction between humans and their environment. Biology ecology may study biological factors in the human body that are out of our control. By studying the relationship between humans and their bodies, ecologists can sometimes find links in other types of ecology and find ways to produce a positive outcome.

Human health depends on many ecological factors. In many cases, humans have the ability to effect those factors. Humans can usually change their environmental factors through geography or through direct environmental contact. While we can not always change our biology, we can change environmental factors that will effect our biology. Humans have the ability to change many factors that effect us both directly and indirectly.

Finally, good human health requires plenty of regular physical exercise in an attractive and relaxing environment.

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